

- [To content](#)
- [To navigation](#)

Swedish Council for Higher Education

The Swedish Council for Higher Education (UHR) is a public agency that facilitates skills attainment for Sweden's current and future needs.

[På svenska](#)

Other languages

- [اَرَبِيْكَسْكَ \(Arabiska\)](#)
- [فارسي \(Farsi\)](#)
- [Français \(Franska\)](#)
- [한국어 \(Kinesiska\)](#)
- [Polski \(Polska\)](#)
- [Русский \(Ryska\)](#)
- [Af-Soomaali \(Somaliska\)](#)
- [Español \(Spanska\)](#)
- [ไทย \(Thai\)](#)
- [ትግርኛ \(Tigrinja\)](#)
- [Davvisámegiella](#)
- [Jiddisch](#)
- [Julevsámegiella](#)
- [Meänkieli](#)
- [Romani arli](#)
- [Romani kálo](#)
- [Romani kelderaš](#)
- [Romani lovara](#)
- [Suomi](#)
- [Svensk romani](#)
- [Áarjelsaemiengiele](#)

[Studera.nu](#)

Search this site

Search Search

[Search Menu](#)

[Higher Education Studies](#)

[Higher education in Sweden](#)

- [Introduction to higher education](#)
- [What are the benefits of university studies?](#)
- [Study levels and degrees](#)

[Doctoral \(third-cycle\) education](#)

- [Admission and entry requirements](#)
- [Application and tuition fees](#)

[Laws and rights](#)

- [What the law says](#)
- [How is the quality of your education monitored?](#)
- [Your right to complete your studies](#)
- [Appealing admission decisions](#)
- [Cheating and plagiarism](#)

[Universities and university colleges](#)

- [Universities and university colleges](#)
- [Contact information for Sweden's universities](#)

[Information for asylum-seekers](#)

- [Higher education studies](#)
- [Other study options](#)
- [Evaluation of foreign qualifications](#)

[Road to studies](#)

[Admission to university studies](#)

- [Application process](#)
- [What do I need to be accepted to a course or programme?](#)
- [Bachelor's level entry requirements](#)

- [Master's level entry requirements](#)
- [Prior learning and exemptions](#)
- [Merit rating](#)
- [Selection](#)
- [Admissions statistics](#)

[I have an academic degree, what do I do now?](#)

- [Assessment of qualifications for job purposes](#)
- [Professional degree and recognition in Sweden](#)
- [Teachers](#)
- [Supplementing your foreign qualification](#)

[Högskoleprovet - Swedish Scholastic Aptitude Test](#)

- [What is the Högskoleprovet?](#)

[Other ways of studying](#)

- [Distance education](#)
- [Adult education](#)
- [Folk high school](#)
- [Higher vocational education](#)

[Student life](#)

[Life of a student](#)

- [What's it like to study at a university?](#)
- [Examinations and grading](#)
- [Higher education terminology](#)
- [Study skills](#)
- [Guidance](#)

[Impact your studies](#)

- [Your influence as a student](#)
- [Student unions](#)

[Practical aspects](#)

- [Accommodation](#)
- [Right to participate](#)
- [Student finances](#)
- [Studying as a parent](#)

[Students with disabilities](#)

- [Access to assistance](#)

[Break from or change in studies](#)

- [Deferment of studies](#)
- [Leave from studies](#)
- [Longer period of illness](#)
- [Changing programmes or university](#)

[Study abroad](#)

[Good to know about studying abroad](#)

- [Exchange student or freemover?](#)
- [Tips for studying abroad](#)
- [Preparing for studies as a freemover](#)
- [Studying abroad for people with disabilities](#)

[Exchange programmes](#)

- [Travelling as an exchange student](#)
- [Erasmus+](#)
 - [Applications](#)
 - [Green sustainability](#)
 - [Erasmus+ FAQ](#)
- [Nordplus](#)
- [Erasmus+ Joint Master's Programmes](#)
- [ASEM-DUO](#)

[Traineeship or placement](#)

- [Overseas placements](#)
- [Erasmus+ traineeships](#)
- [Traineeships at EU institutions](#)
- [IAESTE](#)

[På svenska](#)

[Other languages](#)

- [اَرَبِيْكَ \(Arabiska\)](#)
- [فارسي \(Farsi\)](#)
- [Français \(Franska\)](#)
- [中文 \(Kinesiska\)](#)
- [Polski \(Polska\)](#)
- [Русский \(Ryska\)](#)
- [Af-Soomaali \(Somaliska\)](#)
- [Español \(Spanska\)](#)
- [ไทย \(Thai\)](#)
- [ܐܪܡܝܐ \(Tigrinja\)](#)
- [Davvisámegiella](#)
- [Jiddisch](#)
- [Julevsámegiella](#)
- [Meänkieli](#)
- [Romani arli](#)
- [Romani kálo](#)
- [Romani kelderaš](#)
- [Romani lovara](#)
- [Suomi](#)
- [Svensk romani](#)
- [Аарјелсаемиенгјеле](#)

Search this site

Search Search

Site content

[Higher Education Studies](#)

Higher education in Sweden

- [Introduction to higher education](#)
- [What are the benefits of university studies?](#)
- [Study levels and degrees](#)
- [Doctoral \(third-cycle\) education](#)
- [Application and tuition fees](#)

Laws and rights

- [What the law says](#)
- [How is the quality of your education monitored?](#)
- [Your right to complete your studies](#)
- [Appealing admission decisions](#)
- [Cheating and plagiarism](#)

Universities and university colleges

- [Universities and university colleges](#)
- [Contact information for Sweden's universities](#)

Information for asylum-seekers

- [Higher education studies](#)
- [Other study options](#)
- [Evaluation of foreign qualifications](#)

[Road to studies](#)

Admission to university studies

- [Application process](#)
- [What do I need to be accepted to a course or programme?](#)

- [Bachelor's level entry requirements](#)
- [Master's level entry requirements](#)
- [Prior learning and exemptions](#)
- [Merit rating](#)
- [Selection](#)
- [Admissions statistics](#)

I have an academic degree, what do I do now?

- [Assessment of qualifications for job purposes](#)
- [Professional degree and recognition in Sweden](#)
- [Teachers](#)
- [Supplementing your foreign qualification](#)

Högskoleprovet - Swedish Scholastic Aptitude Test

- [What is the Högskoleprovet?](#)

Other ways of studying

- [Distance education](#)
- [Adult education](#)
- [Folk high school](#)
- [Higher vocational education](#)

Student life

Life of a student

- [What's it like to study at a university?](#)
- [Examinations and grading](#)
- [Higher education terminology](#)
- [Study skills](#)
- [Guidance](#)

Impact your studies

- [Your influence as a student](#)
- [Student unions](#)

Practical aspects

- [Accommodation](#)
- [Right to participate](#)
- [Student finances](#)
- [Studying as a parent](#)

Students with disabilities

- [Access to assistance](#)

Break from or change in studies

- [Deferment of studies](#)
- [Leave from studies](#)
- [Longer period of illness](#)
- [Changing programmes or university](#)

Study abroad

Good to know about studying abroad

- [Exchange student or freemover?](#)
- [Tips for studying abroad](#)
- [Preparing for studies as a freemover](#)
- [Studying abroad for people with disabilities](#)

Exchange programmes

- [Travelling as an exchange student](#)
- [Erasmus+](#)
- [Nordplus](#)
- [Erasmus+ Joint Master's Programmes](#)
- [ASEM-DUO](#)

Traineeship or placement

- [Overseas placements](#)
- [Erasmus+ traineeships](#)
- [Traineeships at EU institutions](#)
- [IAESTE](#)

Distance education

As a distance student, you can study when and where you'd like. This means freedom, but also demands discipline in order to succeed at your studies.

There are as many reasons to choose distance studies as there are distance courses to choose from. The most common reasons students choose distance studies are the following:

- they have a family and children
- they want to combine work and studies
- they've been working a few years and want to build on their previous education, or finish a programme
- they want to take an extra course not offered at their campus

Much freedom - and responsibility

Distance studies are more flexible and less strict than other studies. This means a lot of freedom to study when and how you'd like. At the same time, this type of freedom can be demanding. Remember that full-time studies mean that you should study approximately 40 hours each week. You have the responsibility to use this time in the best possible way.

With or without meetings

There are different types of distance courses and programmes. You can have all of your studies as distance studies, or just some of them. Some courses are completely web-based. In that way, you don't need to travel to the university or local study centre - not for introductory meetings or examinations.

Other courses have required meetings or virtual meetings over the internet. Be sure to find out how the distance course you're interested in works before applying.

Local study centre

A local study centre is open for all students who choose distance studies. Here you can find guidance, facilities, computers with an internet connection, video conferencing, web cameras, printers and copying services.

You can often take your written examinations at a study centre. The study centre can most often arrange for you to have access to facilities and equipment outside of normal office hours.

[Find your closest study centre at Nitus \(in Swedish\)](#)

Optional meetings

Quite a few distance courses and programmes offer optional meetings. You don't have to participate and the information given there will always be available in another way for the student who wishes to stay home.

Mandatory meetings

Some distance courses and programmes have mandatory meetings. The university decides how many mandatory meetings each course will have. It's important to check this information before you apply. If you can't make the meetings, you shouldn't apply for the course. Please note that if there are mandatory meetings and you need to travel to the university, you'll be responsible for any costs involved with the trip.

Computer and internet

When you study a distance course, in most cases you need a computer and access to the internet. For some courses, it may be required that you have access to certain computer programmes. In other cases, the university may provide you with the computer programmes you need.

Web camera

With some distance courses, contact between the students and teacher takes place using a web camera. It can be helpful to be able to see and hear your classmates and teacher and a web camera is easy to use.

Learning platforms

Universities and university colleges use different types of learning platforms. A learning platform is like a classroom in a computer. There, you can find assignments, class lists, discussion forums and group work. All learning platforms work a bit differently but contain the same basic functions.

Distance studies from abroad

All courses that do not require mandatory meetings can be studied from another country. All that's needed is a computer and an internet connection. You also have the right to financial aid in the same way you would if you were living and studying in Sweden.

If you wish to start a distance course from another country, it's a good idea to find out what is mandatory, such as web meetings. These types of scheduled meetings can occur in the middle of the night if you're in a country that's quite far away. Also make sure to find out where you can go to take required examinations - it might be at a Swedish consulate or embassy.

Application and information

You apply for distance courses the same way you apply for courses on campus - at [Universityadmissions.se](https://www.universityadmissions.se) or [Antagning.se](https://www.antagning.se). If you only want to see what courses are offered as distance courses, be sure to use the filter and check that you only wish to see distance courses in your search results. You can select distance courses with no required meetings. More information about the course can be found on the university website.

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